

TORONTO metro



WHITE AND NERDY — AND SHOCKINGLY POPULAR

'WEIRD AL' YANKOVIC ON HIS NEW ALBUM AND NETTING HIS FIRST-EVER BILLBOARD NO. 1 DEBUT **PAGE 14**



Candidate not afraid to talk about race in council race

Ward 2 contender criticizes Chow, Ford; says it's time for bold and nuanced talk **PAGE 4**

With friendlies like that, who needs enemies

Game against Tottenham Hotspurs, a chance to boost reputation, comes at crunch time for Toronto FC **PAGE 20**

Hospital to pay \$190M over disgraced gynecologist

Baltimore doctor used pen camera to film women during pelvic exams **PAGE 10**

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Companies give parking tickets despite city ban

'Scaring money from honest people.' City's biggest adversary has been charged 75 times

It's been 10 years since Toronto banned private parking tickets, but the yellow slips that closely resemble city tickets keep showing up under windshield wipers across town.

They're popular in strip malls in Scarborough and Etobicoke, especially the ones immediately across from hospitals, where people duck across the street to avoid the expensive parking.

The tickets rely on what one victim called "scaring money from honest people" by demanding up to \$350, but offering to reduce that to \$25 if you pay in less than four days, \$35 if you pay in less than 10 days and \$75 if you pay before four weeks go by.

"They hope that maybe 1 (in) 20 people are scared enough to pay them," wrote Cliff Goldstein in an email to Torstar News Service. "I used to get them occasionally where I lived and never paid even one."

While several companies continue to hand out tickets, the city's biggest is Parking Control Unit, a company registered in Brampton, which has been charged for breaking the ticket ban 75 times.

It has been convicted at least five times, but those convictions were overturned on appeal and new trials will take place this fall.

"The City of Toronto wants to monopolize all control of parking on private property rather than allowing someone to hire a private provider," said Laszlo Pandy, the company's lawyer.

Pandy says his client has been patrolling private parking lots since before the bylaw came into effect, and property owners have few options when inundated with illegal parkers.

Parking Enforcement Unit operates under authority it says comes from a Court of Appeal decision, which ruled another private parking lot operator, Impark, had the right to ticket cars parked on its private lots.

"We looked at the bylaw, and it only applies to parking on property without consent," Pandy said. "We

Should you pay?

In spite of the ticket ban, Toronto police recommend paying private parking tickets.

- They may not affect your driving record or licence renewal, but they can affect your credit rating or be sent to collection agencies, said TPS spokesperson Jenifferjit Sidhu.
- However, Equifax, one of the world's largest credit-rating agencies, reported that it doesn't include private or public parking tickets on its reports.

looked at the Impark case, and the Court of Appeal has confirmed that if you park on a property with consent, the city's bylaw doesn't apply."

Parking Control Unit's system relies on a sign posted at the entrance to the parking lot that lays out the conditions for parking there.

The city has argued that the signs are too small to be readable by drivers entering from main thoroughfares and that the tickets are problematic. **TORSTAR NEWS SERVICE**



TODAY, 'F' IS FOR 'FANS'

Daniel Radcliffe, who raked in millions as a teen playing Harry Potter, makes a red-carpet appearance at the Scotiabank Theatre on Monday for the premiere of *The F Word*. Filmed in Toronto by local director Michael Dowse, it stars Radcliffe and Zoe Kazan and features some stunning views of the city. The film asks the question: "Can men and women just be friends?" *The F Word* opens across Canada on Aug. 22. **CENTRAL IMAGE AGENCY/FOR METRO**

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Nobleton brawl

My, what big teeth you have

When Norman Mills went to a Nobleton, Ont. restaurant for a bite to eat, he didn't expect his arm to be on the menu.

But Mills alleges Nobleton Coun. Peter Grandilli bit his arm during a brawl at Il Giardino Toscano in which Mills allegedly threw the first punch. Mills, 68, says he has been trying to get his land assessed for severance since late 2012. He alleges Grandilli, 67, called him a "piece of s-t" repeatedly after Mills approached him in the restaurant. "He sounded like Long John Silver's parrot," says Mills.

"I didn't hit him hard. His wife could have given him a nosebleed. That's all he had was a nosebleed. I suppose he got a black eye as well."

Mills, who says he was in hospital to receive anti-tetanus shots for the bite, has been charged with assault causing bodily harm and is set to make his first appearance in Newmarket court on July 30. He may press charges against Grandilli.

Grandilli would not confirm he did indeed bite Mills, but says what had been reported in local papers is "exactly what happened." On July 16 and July 21, the King Weekly Sentinel and the King Connection both reported that Grandilli bit Mills.

Restaurant owner Lorenzo Lorenzini is concerned his business will suffer because of the brawl. "I know they were customers, but I never expected them to be so stupid," he said. "They are old enough to understand that you don't fight inside a restaurant."

TORSTAR NEWS SERVICE

No special treatment for firms linked to Deco: Ford

'Prove it.' Mayor denies trying to help out companies connected to his family business

Mayor Rob Ford denies using his influence at city hall to give special treatment to two companies that had dealings with his own family business.

"I help out anyone that calls me. If you think I give preferential treatment to someone, you prove it. You write that story, go ahead," Ford said at a community playground ribbon-cutting, speaking for the first time about his alleged dealings with two companies since his return from rehab.

"This guy is as honest as the days are long with taxpayers' money," he said about himself. He was joined at Woburn Park by his two young children and wife, Renata, who has rarely been in the public eye since standing at Ford's side when he publicly apologized for rude comments he made about her.

As first reported in the Globe and Mail, Ford intervened on behalf of Apollo Health and Beauty Care when the company was being investigated by the city for a sewage spill in 2012. He also set up city hall meetings between Apollo executives and top city officials when the company



Mayor Rob Ford climbs a play structure on Monday as he and mayoral rival Karen Stintz (not pictured) attend the Woburn Park reopening after it was redeveloped. STEVE RUSSELL/TORSTAR NEWS SERVICE

was seeking a special property tax break.

The Ford family company, Deco Labels and Tags, has done business with Apollo.

Ford and his brother, Coun. Doug Ford, are also reported to have helped printing company RR Donnelley and Sons seek a city contract while they were trying to court them as clients

at Deco. City officials have said the Fords never disclosed their business relationships with the companies.

Both cases are now subject to a complaint with the city's integrity commissioner lodged by watchdog Democracy Watch.

On Monday, Ford told a reporter to "be careful" about what she wrote and that Deco, which he said has been in business for 52 years, has dealt with "everybody."

"Are you accusing me of doing something? What's wrong with helping people? Nothing wrong. I help out

everybody," he said. "And I've never taken one dime of taxpayers' money."

Ford has told reporters to "be careful" when under fire before — including in November, ahead of a slew of troubling allegations about drugs, alcohol and criminal connections being released in a police document.

Over the weekend, Ford again came under scrutiny for using a city park to hold his annual Ford Fest BBQ, despite rules that prohibit candidates from getting permits for promotional use during elections.

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1 NEWS

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June 2013 raids. Charges dropped against 4 nabbed in Project Traveller

Charges have been dropped against the man who tried to arrange the sale of the original Rob Ford crack video, along with charges against three others arrested in last year's Project Traveller investigation.

In the spring of 2013, Mohamed Farah, 34, attempted to sell a video that appeared to show Mayor Ford smoking crack cocaine to the Toronto Star and the U.S. website Gawker.

Reports about the video caused an international sensation after it was shown to two Torstar News Service reporters.

Farah was swept up in the massive Project Traveller raid with about 60 others. The raid targeted a gun- and drug-smuggling ring allegedly run by the Dixon City Bloods gang. Many of the arrests were made in a Dixon Road apartment complex.

Charges against Nicholas Obeng, Muhideen Jama and Halima Said were also dropped, the Ontario Ministry of the Attorney General's office confirmed.

"The Crown has a duty to assess a prosecution at every

stage of the proceedings, and is duty-bound to withdraw charges if there is no reasonable prospect of conviction, or if it is not in the public interest to proceed," ministry spokesperson Judy Phillips said in an emailed statement.

Phillips also confirmed that "prior to the withdrawal of the charges, a number of the accused completed community service hours and made charitable donations."

Mohamed Siad, who tried to sell the 90-second video through Farah, was also arrested in the raid. He is facing gun and drug charges.

Ford denied for months that the tape existed. But after Toronto police announced that they had a copy of the video in October 2013, he later admitted to smoking crack, telling reporters that it probably happened in one of his "drunken stupors."

Ford's former driver, Alessandro "Sandro" Lisi, was charged with extortion in connection with his alleged attempts to obtain the original video. He also faces drug charges. **TORSTAR NEWS SERVICE**



Alessandro Lisi, left, Ford's former driver, was charged with extortion in connection with his alleged attempts to obtain the original crack video.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Avid racer

T.O. native defies dwarfism, age, weight to complete Toronto Triathlon

Former Toronto resident John Young was 40 years old and morbidly obese when he told his doctor he planned to get more active and increase his energy level.

Young certainly kept his word.

The Northern Secondary School graduate is 48 now and the only person with dwarfism to complete the Toronto Triathlon.

Young, who stands four-

foot-four, swam, cycled and ran his way through his third Toronto Triathlon this month. That meant a 1.5-kilometre swim, a 40-kilometre



John Young at the 2013 N.Y.C. Triathlon

TORSTAR NEWS SERVICE

bike ride and a 10-kilometre run. He has raced 30 other triathlons, including three half-Ironman distance races. He has also run five half-marathons and three marathons, including the New York City Marathon. **TORSTAR NEWS SERVICE**

Ward 2 candidate takes Ford to task over racial comments

Andray Domise.

Talking about race in Toronto's municipal race



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Ward 2 candidate Andray Domise said he made a Rexdale restaurant his base for media interviews — because, all of a sudden, he has a lot of them to do.

"For awhile, my name wasn't Andray, it was 'the guy who wrote that article,'" said the Etobicoke North candidate over lunch at Auntie Bell's Jamaican Cuisine on Monday.

Domise has been talking about race in the Toronto city council race.

He wrote a widely reported-on blog post that questioned African-Canadian voters' support for Rob Ford and called it "an upraised middle finger directed at a political class."

Domise also criticized Olivia Chow's recent press conference, in which she called for a handgun ban, as "dog whistle" politics. By talking about gun violence while "surrounded by young African-Canadian kids," he wrote, she was repeating "tropes that conjure up negative stereotypes of communities of colour."

Domise told Metro he knows council candidates need to find a way to get people to know who they are in order to win and he's done that by "having a loud mouth and being able to write."

Domise said he believes Canadians tend to shy away from talking about race. He recalled speaking with a man recently who told him he was afraid to speak up, lest he be seen as "an angry black dude."

"Then be the angry black dude," was his response. "Because sometimes it takes that to get noticed. There are important things we have to say in this community."

While Domise is unequivocally critical of Ford on race, he said he believes Chow is not racist — just a candidate who had a "blind spot" on the racial aspects of her handgun



Ward 2 candidate Andray Domise at Auntie Bell's Jamaican Cuisine on Monday. JESSICA SMITH CROSS/METRO

announcement — an important nuance.

Asked if he worries politics isn't kind to people who have nuanced positions, he said he doesn't care.

"I really don't," he said. "Some people are going to take what I say the wrong way and some people are going to do it on purpose. Some people simply don't want to listen."

For example, he said a strategist associated with Chow's campaign told him on Twitter to "Piss off" when he criticized her handgun ban announcement.

"If you are too dense to get the message that we need to have a nuanced conversation, then you probably shouldn't be included in it. There's no place for you at the big boys' table," said Domise.

"There are real people affected by political decisions and the way we tend to have conversations about those political decisions."

For example, hearing Mayor Ford talk about Gene Jones — the former head of Toronto Community Housing Corporation — when asked about the Danzig shooting showed a "paternalistic racism" and politicized a tragedy, he said.

"He will not hesitate to use young children's bodies,

Michael Ford

Ford nephew 'plopped' into ward race

If he wins, Andray Domise said he wants to work with the community for things it needs: a youth centre, better transit, development that makes sense for the community.

The race doesn't have an incumbent. Doug Ford is not running for Ward 2 in this election, but his 21-year-old nephew Michael Ford recently declared he is.

"I don't have an opinion

on Mikey Ford at all," said Domise. "He might be an articulate progressive candidate. I don't know because I've never heard him speak."

"What does disturb me though is that this neighbourhood and people in it are being used as a stepping stone for (the Fords') political careers. I'm sorry, we're not your empty seat," he said. "Plopping someone on that seat who doesn't have the qualifications and, frankly, doesn't have the background to lead, I'm sorry, frankly it's insulting, it's a slap in the face."

JESSICA SMITH CROSS/METRO

it doesn't matter what their background is," he said. "We had that seven-year-old girl who was killed by a car last week and his first talking point was that it had something to do with the Eglinton Crosstown."

Ford had attributed the death of Georgia Walsh to LRT-related construction and repeated his political pitch for subways when asked about the tragedy.

"I'm sorry, but bodies and

lives in this city aren't your talking points. It makes me furious to see that. This is the bar we've set our political conversation at — that sort of thing is OK."

The political conversations he's having aren't all negative. When told by the restaurant proprietor that he "looks like a winner," Domise took a moment to get emotional about the compliment — and promised to do his best for the man.

Bars, restaurants raked it in during World Cup

Canadians had a big appetite for the FIFA World Cup games from their local watering holes to pizza delivery joints, according to the latest data from Moneris Solutions Corp.

In fact, Toronto pubs, restaurants and fast-food outlets got a nice bounce in business, especially during the final week of the matches, with a 38.42 per cent increase in spending on food and beverages, says the report released Monday.

"Canadians continue to like to get out and support their

sport," said Rob Cameron, Moneris' chief product and marketing officer.

"Soccer isn't the first thing that pops to mind in Canadian sports but the World Cup was very popular and there were some real winners" locally on the way to Germany's big win, he said.

For instance, one of the biggest restaurant-bar venues in downtown Toronto enjoyed a ten-fold boost in sales over a four-hour period — from \$2,000 on the first Sunday in June, when the World Cup

hadn't yet begun, to \$20,000 on June 15, the first Sunday the games were on, Cameron noted.

"Total spending in Toronto restaurants during the World Cup final was something that compared with what we saw during the NHL Stanley Cup playoffs," he explained.

Of all urban centres, the report found Toronto had the highest spending increase over the four weeks, at 14.1 per cent, followed by Calgary at 7.3 per cent and Vancouver at 6.6 per cent. **TORSTAR NEWS SERVICE**

In numbers

Across Canada, for the entire World Cup from June 12 to July 13, there was a 6.8 per cent increase in the average transaction at pubs, from \$30.03 per cheque to \$32.18. In the first week, spending rose 5.6 per cent then increased the second week to 6.8 per cent and remained at a 6.7 per cent increase during the third week, the report says.



Chefs like Real Sports Bar and Grill executive chef Matthew Sullivan, left, and sous chef Andrew Sousa were kept hopping in the kitchen during the World Cup. KEITH BEATY/TORSTAR NEWS SERVICE



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Public transportation

Liberals say wage hike won't affect GO Transit service

The governing Liberals are reassuring commuters that GO Transit services won't be reduced by increased spending on employee wages.

About 1,850 staff, including bus drivers and ticket sellers, are getting a wage hike of 8.45 per cent over four years, but the cash-

strapped government says there's no extra money to pay for it.

Treasury Board president Deb Matthews says Metrolinx, the transit authority that runs GO, will have to find the money for the pay increase within its existing budget. **THE CANADIAN PRESS**



Deb Matthews
TORONTO STAR

Food and music pairings

Second annual Taste of Jazz hits the Beaches

Craving a nice meal paired with live music?

The Beaches will be holding the second annual Taste of Jazz festival, featuring more than 20 gourmet food trucks offering a wide range of culinary delights, including authentic Italian street foods, barbecue and

Canadian favourites such as beaver tails.

Foodies and music lovers alike will have an opportunity to tantalize their taste buds while enjoying live performances by Irene Torres and the Sugar Devils and the Toronto All-Star Big Band.

It all goes down at Woodbine Park on Lake Shore Boulevard East on July 22-23, and admission is free.

Go to beachesjazz.com for more info. **METRO**

Bite it

Free local tours help Taste Your Neighbourhood

A new event is taking place in the city next week that aims to help people get an insider's look at the best spots in some of Toronto's most vibrant neighbourhoods.

On July 26, Taste Your Neighbourhood will let participants take guided

tours of restaurants, cafés and breweries with local aficionados in neighbourhoods around the city.

Yellow Pages started the event last year in Montreal and talks started soon after to expand it to Toronto.

All tours are free and may include goodies and giveaways by participating businesses, as well as tidbits of local history and an opportunity to interact with business owners and staff. **METRO**

Bring us your water. Outlaws send death threats to hundreds amid drought

Armed bandits in drought-stricken northern India are threatening to kill villagers unless they deliver 35 buckets of water each day to the outlaws in their rural hideouts.

Since the threats were delivered last week, 28 villages have obeyed the order, taking turns handing over what the bandits call a daily water tax.

"Water itself is very scarce in this region. Villagers can hardly meet their demand,"

officer Suresh Kumar Singh said from the city of Banda.

Last week, the bandits sent messengers to tell people in nearby villages they would be shot dead unless they provided the water, said Bagwat Prasad, from a local charity focusing on water issues.

"Any request from Balkhariya gang members is an order," Prasad said. "No one can dare to say no."

THE ASSOCIATED PRESS

Michigan couple slain. Craigslist ad response led to double murder: Police

A pregnant teenager was strangled and her boyfriend was decapitated after apparently connecting with a stranger online for a sexual encounter.

The police chief in the Michigan town of Wyoming said 18-year-old Brooke Slocum, who was eight months pregnant, was held captive before her death.

Chief James Carmody said her boyfriend, Charles Oppen-

neer, 25, was found decapitated in a park a day earlier. His head has not been found.

Emails indicate that Slocum connected with the suspect, 31-year-old Brady Oestrike, using Craigslist. Police got a search warrant for Oestrike's home. He fled, but fatally shot himself after crashing his car, after which police found Slocum's body in the trunk of the suspect's vehicle. THE ASSOCIATED PRESS

Coastal disaster

Rammasun death toll rises to over 130

A typhoon that barrelled into north Vietnam killed at least 11 people and left several missing, while China's death toll from the strongest storm to hit the country's south in four decades rose to 26, destroying tens of thousands of homes.

Typhoon Rammasun made landfall in Vietnam over the weekend, triggering heavy floods, destroying homes and blocking roads with landslides.

It was the strongest typhoon to hit China's southern region in 41 years. The typhoon wreaked havoc in the northern Philippines last week, leaving 94 people dead.

THE ASSOCIATED PRESS



A mural painted on a suburban wall in Johannesburg, South Africa, calls for a halt to rhino poaching. DENIS FARRELL/THE ASSOCIATED PRESS

Reserve crashes poaching party

Evasive manoeuvres.
South African park
plans to move select
rhinos to protect them
from poachers

Kruger National Park is considering a plan to "spread the risk" by moving some rhinos out of the flagship wildlife reserve to thwart further poaching.

The South African park's goal is to evacuate rhinos to other game reserves, as Kruger park is heavily targeted by poachers, park spokesman William Mabasa said Monday.

No decision has been made on the proposal and there is no guarantee that other parks are safe, since "poachers are going everywhere," he said.

Many poachers cross into Kruger from neighbouring Mozambique, and they are often able to elude ranger teams that operate with limited aerial surveillance across the 19,485 sq. kilometre park.

About 560 rhinos have been poached in South Africa in 2014, and well over half were killed in Kruger park in the northeastern part of the country, the national parks service said.

About 160 suspected poachers have been arrested so far this year, while five

poachers, including one who was injured in a firefight with an anti-poaching patrol, were arrested at a game reserve in KwaZulu-Natal, a South African news agency quoted police as saying Sunday. The suspects were found with an unlicensed hunting rifle, ammunition, a silencer and an axe, and face charges including illegal hunting and attempted murder, according to the South African Press Association.

South Africa, which has 70 per cent of the world's rhinos, lost a record 1,004 of the animals to poachers in 2013, according to government figures. Conservationists warn that a "tipping

point" could come as soon as next year when rhino deaths exceed births and the population goes into decline.

Kruger park, a popular destination for international tourists, has experience in moving rhinos, dispatching them to private game reserves inside South Africa and to conservation agencies outside the country, Mabasa said.

South Africa is considering whether to propose a regulated trade in rhino horn in order to curb poaching. Legalization would require the approval of CITES, the international body that monitors endangered species, which will meet in South Africa in 2016. THE ASSOCIATED PRESS

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Michigan

Black-and-white is the new orange

A Michigan sheriff says he's trading orange jumpsuits for black-and-white stripes for his jail inmates, in part due to pop culture.

Saginaw County Sheriff William Federspiel says that all-orange jumpsuits are increasingly viewed as fashionable, as they're seen on TV in places such as the Netflix prison show *Orange Is the New Black*.

Federspiel says "some people think it's cool to look like an inmate of the Saginaw County Jail with wearing all orange jumpsuits out at the mall or in public." He says inmates sometimes work in public, and he doesn't want there to be any confusion.

THE ASSOCIATED PRESS



Inmates at the Saginaw County Jail wear their new jumpsuits Friday. SAGINAW NEWS/THE ASSOCIATED PRESS

Quebec

Montreal-area mayor dies after wasp attack

The mayor of a Montreal-area community has died after being stung by wasps.

Municipal authorities in La Prairie say Mayor Lucie F. Roussel passed away in hospital on Sunday.

A spokeswoman for the town said Roussel, 51, was not allergic to wasp stings.

"She was stung on several parts of her legs — about 15 times, from what we think," Chantal Charron said Monday.

"She was overcome by the number of stings. When the ambulance technicians arrived, they tried to give her (an adrenaline injection) but they couldn't save her."

Jean Bergeron, the town's director-general, said he was in a "state of shock."

"Losing someone in such a way is difficult," he said. "It's traumatic."

Flags on municipal buildings in La Prairie, just south of Montreal, flew at half-mast on Monday.

THE CANADIAN PRESS

Suspect called 'baby killer' as Saunders hearing begins

Halifax. Father of slain woman says accused should face charges of 'double murder' since daughter was pregnant

The father of Halifax murder victim Loretta Saunders says the Canadian justice system should recognize his daughter was pregnant at the time of her murder and be able to lay charges in the baby's death as well.

Loretta was in the first trimester of her pregnancy when she was murdered Feb. 13. Her body was discovered two weeks later on the Trans-Canada Highway in Moncton.

"It's a human being, a living human being, and I think the courts should recognize this," Clayton Saunders told reporters outside provincial court on Monday, the first day of the preliminary inquiry. "They should be charged with a double murder ... because

she was going to have a baby."

Blake Leggette, 26, and his girlfriend Victoria Henneberry, 28, are charged with first-degree murder. They were subletting an apartment from Loretta and apparently owed her money.

Leggette appeared in court with a closely shaved head and short chin beard. During the first witnesses testimony, he mostly looked straight ahead without showing emotion. At one point he held his head in his hands.

Henneberry also mostly sat looking straight ahead, but at one point tucked her knee up to her chest and cradled her face in her arms.

"Baby killer" was shouted at Leggette as he was taken into the courthouse. Sobs could be heard from the people in the gallery and several people left the courtroom during the witness's testimony.

"I'm not in court," said Clayton Saunders. "I don't think I'll be able to handle it because the people com-



Family members of Loretta Saunders leave the courtroom during the first day of a preliminary hearing at Halifax Provincial Court. JEFF HARPER/METRO IN HALIFAX

ing out are saying it's really hard."

The Crown is prepared to call 15 witnesses to the stand, including police officers and Loretta's mother, brother and sister.

"We have a realistic prospect of conviction and we intend on prosecuting these individuals with the evidence

we have," said Crown attorney Christine Driscoll. "At any point, if defence has anything they want to bring and talk to us, we're always open to discuss with them."

The court has set aside 4 1/2 days for the trial, with an additional day booked on Aug. 1.

DESIREE FINHERT/FOR METRO IN HALIFAX

'Illegitimate expenses.' RCMP say Duffy used tax money for personal travel

The RCMP has provided fresh details of its 31 fraud charges against Sen. Mike Duffy, accusing him of charging taxpayers for personal travel to funerals and providing payments for "illegitimate expenses" to four people.

A new court filing alleges "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

Duffy is accused of fraudulently awarding a \$65,000 contract to his longtime friend Gerald Donohue. The RCMP allege that Donohue, in turn, paid some of that money to three other people, including a personal trainer.

Donohue has already told investigators that he did "no tangible work" for the money, the RCMP has said.

The court documents allege that Duffy filed eight separate expense claims that the RCMP says involved personal or partisan travel. The claims were filed from June 2009 to September 2012.

The RCMP announced last week that it was charging Duffy with 31 criminal counts related



Mike Duffy

FRED CHARTRAND/THE CANADIAN PRESS FILE

to his expense claims, accusing him of mispending more than \$200,000.

The charges stem from the disgraced senator's housing and travel expenses, and a \$90,000 payment from Nigel Wright, the former chief of staff to Prime Minister Stephen Harper.

Duffy has denied any criminal wrongdoing. He could not be immediately reached for comment today on the new documents.

The Conservative-appointed senator will appear in court on Sept. 16. THE CANADIAN PRESS



Drawing attention to ban on drawing gay blood

Sean MacIsaac finishes up a section of a chalk protest at the Halifax Public Library on Monday, against Canadian Blood Services' regulations for gay male donors. MacIsaac says knowing he would have to abstain from having sex with other men for five years before donating blood is a "belittling" reality. "With all these people that do need blood, and there's an entire population that's told that they can't do it, it's really frustrating to know that," he said. The protest was part of an education initiative held by the Nova Scotia arm of the Canadian Federation of Students. JEFF HARPER/METRO IN HALIFAX

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Rebels cave to pressure and release plane-crash bodies

International outcry.

Anger in West mounts at rebels and presumed allies in Moscow

Bowing to international pressure, pro-Moscow separatists released a train packed with bodies and handed over the black boxes from the downed Malaysia Airlines plane, four days after it plunged into rebel-held eastern Ukraine.

With body parts decaying in sweltering heat and signs that evidence at the crash site was mishandled, anger in Western capitals has mounted at the rebels and their allies in Moscow. Their reluctant co-operation will soothe mourning families and help investigators, but may do little to reconcile the East-West powers struggling over Ukraine's future.

Russia's Defence Ministry said Monday it saw no evidence a missile was fired and denied

involvement in the downing of Flight 17 — and suggested the Ukrainian military was at fault. President Vladimir Putin spoke out but showed no sign of abandoning the separatists as fighting flared anew near the site of the crash.

U. S. President Barack Obama accused the rebels of tampering with evidence and insulting victims' families, warning of new sanctions. Europeans will consider their own sanctions Tuesday.

The bodies of the 298 victims, most from the Netherlands, have become a part of the conflict in Ukraine because they could hold evidence of what brought the plane down on July 17 as it was flying from Amsterdam to Kuala Lumpur.

Grief turned to anger as families begged to get the bodies of their loved ones back, while the separatists held on to the remains.

"Bodies are just lying there for three days in the hot sun. There are people who have this on their conscience," said



Deputy head of the OSCE mission to Ukraine Alexander Hug, background centre, accompanied by members of Netherlands' National Forensic Investigations Team guarded by armed pro-Russian fighters, walk on the platform Monday as a refrigerated train loaded with bodies of the passengers departs the station in Torez, eastern Ukraine, 15 kilometres from the crash site of Malaysia Airlines Flight 17. EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Silene Fredriksz-Hoogzand, whose son, Bryce, and his girlfriend Daisy Oehlers died on their way to a vacation in

Bali, in an interview with The Associated Press in the Netherlands. "When I am in my bed at night, I see my son lying

on the ground ... They have to come home, not only those two. Everybody has to come home." THE ASSOCIATED PRESS

Quoted



"The Kremlin may not have pulled the trigger but it certainly loaded the gun and ... put it in the murderer's hand. Russia is not fooling anyone."

Foreign Affairs Minister John Baird, announcing Canada's intention to slap sanctions over Russia's continuing military actions against Ukraine. Russia has denied any involvement in the downing of MH17 and Russian President Vladimir Putin has said the disaster should not be used to further political goals in eastern Ukraine. But Baird said no one believes what Russia has to say about the incident, and that Putin bears ultimate responsibility.

Gynecologist filmed pelvic exams, Johns Hopkins to pay \$190M fine

Johns Hopkins Health System in Baltimore will pay \$190 million to more than 8,000 women whose bodies may have been videotaped or photographed by a Baltimore gynecologist who used a pen-like camera during pelvic exams.

Dr. Nikita Levy was fired in February 2013, days after a co-worker alerted hospital authorities about her suspicions and he was forced to turn over the camera. He committed suicide 10 days later.

Investigators discovered roughly 1,200 videos and 140 images stored on a series of servers in his home.

"All of these women were brutalized by this," said the women's lead attorney, Jonathan Schochor.

"Some of these women needed counselling, they were sleepless, they were dysfunctional in the workplace, they were dysfunctional at home, they were dysfunctional with their



The East Baltimore Medical Center, a community practice affiliated with Johns Hopkins Hospital, in Baltimore. THE ASSOCIATED PRESS

mates. This breach of trust, this betrayal — this is how they felt."

The settlement is one of the largest settlements on record in the U.S. involving sexual misconduct by a physician, and all but closes a case that never produced criminal charges but threat-

ened the reputation of one of the world's leading medical institutions.

Lawyers said thousands of women were traumatized, even though their faces were not visible in the images and it could not be established with certainty which patients were recorded or how

many.

Hopkins said insurance will cover the settlement, which "properly balances the concerns of thousands of plaintiffs with obligations the Health System has to provide ongoing and superior care to the community."

"It is our hope that this settlement — and findings by law enforcement that images were not shared — helps those affected achieve a measure of closure," the hospital statement said, adding that "one individual does not define Johns Hopkins."

Hospital authorities called Baltimore police just before Levy's firing. Police and federal investigators said they found no evidence he shared the material with others.

A class-action lawsuit on behalf of more than 8,000 of his patients who contacted lawyers was brought against Johns Hopkins last fall, alleging the hospital should have known what he was up to. THE ASSOCIATED PRESS

Truce elusive. Israel, Hamas stick to positions and fighting intensifies

The top Hamas leader in the Gaza Strip signalled Monday that the Islamic militant group will not agree to an unconditional ceasefire with Israel, while Israel's defence minister pledged to keep fighting "as long as necessary" — raising new doubt about the highest-level mediation mission in two weeks.

U.N. chief Ban Ki-moon and U.S. Secretary of State John Kerry were heading to Cairo on

Monday to try to end the deadliest conflict between Israel and Gaza's Hamas rulers in just over five years.

Meanwhile, cross-border fighting continued unabated, with Israeli strikes leaving entire families buried under rubble and Hamas militants firing more than 50 rockets and trying to sneak into Israel through two tunnels, the latest in a series of such attempts.

THE ASSOCIATED PRESS

Florida town shocked

Police officers tied to KKK: Report

Residents of Fruitland Park, Fla., are stunned by an investigative report linking two city police officers with the Ku Klux Klan, the secret hate society that once was violently active in the area.

Violence against African-Americans permeated the

area more than 60 years ago, when the place was more rural and the main industry was citrus.

These days, the town of fewer than 5,000 residents has been infused by thousands of wealthier, more cosmopolitan retirees.

Those who live in the community, which is less than 10 per cent black, have reacted with shock and disgust, the mayor said.

THE ASSOCIATED PRESS

Shark! There's money in the water after sightings in Cape Cod

Duun-dun duun-dun.

Spotting of great whites means entrepreneurs are making a killing on shark-related merch

Its reputation as a man-eating predator aside, the great white shark is emerging as a boon for tourism on Cape Cod, the Massachusetts peninsula popular among beachcombers. Unlike the classic thriller jaws, in which one of the animals terrorizes a small island, the sharks that have been spotted in growing numbers are stirring more curiosity than fear — and a buying frenzy for shark-related merchandise.

Shark T-shirts are everywhere. Jaws has been playing in local movie theatres and boats are taking more tourists out to see the huge seal population that keeps the sharks



A tourist examines shark-themed clothing at the Chatham Clothing Bar in Chatham, Mass. STEVEN SENNE/THE ASSOCIATED PRESS FILE

coming. Harbourmasters have issued warnings but — unlike the sharks in the movies — the great whites generally are not seen as a threat to swimmers.

Among the entrepreneurs is Justin Labdon, owner of the Cape Cod Beach Chair Company, which began selling

shark-themed T-shirts after customers who were renting paddle boards and kayaks began asking whether it was safe to go to sea.

The T-shirts, hoodies, hats, belts, dog collars and other accessories bear the iconic, torpedo-shaped image of great whites. THE ASSOCIATED PRESS

Montreal

Some Jacob stores may live on

Insolvent womenswear retailer Jacob Inc. has been given another month to develop a restructuring plan that could keep some of its stores open.

"All the details regarding the number and location of stores that will remain open are still being discussed so I am unable to provide more details at the moment," a spokeswoman said via email. THE CANADIAN PRESS

Follows Vancouver's lead

New Orleans to recycle discarded cigarette butts

In New Orleans, discarded butts are being turned into something useful.

The first of 50 cigarette butt recycling receptacles was installed Monday. Developers of the program say New Orleans is the first U.S. city to participate in a large-scale recycling effort launched in Vancouver last year. THE ASSOCIATED PRESS

Report

Supplier in China sold McD's, KFC expired meat

McDonald's and KFC in China faced a new food safety scare Monday after a Shanghai television station reported a supplier sold them expired beef and chicken.

The companies said they immediately stopped using meat from the supplier, Hushi Food Co., Ltd. THE ASSOCIATED PRESS

Market Minute

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SHOULD YOUR FIRST DATE BE YOUR LAST?

First dates are always nerve-racking; they have all the anxiety of a big job interview but with a lot more sexual tension. It's exhausting just thinking about all of the effort involved when it comes to finding someone to go out with you, pick an appropriate venue, decide on a nice outfit that isn't trying too hard, and—perhaps the biggest challenge of all—figure out how to carry a conversation with a complete stranger.

George Moufarrej, a leading relationship expert and author of the book *Sexual Euphoria*, says most of us know what not to say on a first date, but coming up with a variety of suitable talking points is a bit of a challenge.

We all know what topics are off limits—your crazy ex, overbearing mother, irritating foot fungus—but what's the best way to fill the conversational void and avoid those excruciatingly awkward silences?

The best way to get to know someone on a first date is to talk about things that you know a lot about, says Moufarrej. "There's



SHE SAYS
Jessica Napier
metronews.ca

a big chance that your date might have the same interests or hobbies as you. Your goal should be to make a connection with your date on at least one topic."

But while bonding over a mutual love of long-distance running or ramen noodles might keep the dinner dialogue moving along, it's not necessarily going to help you figure out if your date is someone worth pursuing after the cheque arrives. How do you decide if he or she is just a good friend, a fun fling or a potential soul-mate?

Moufarrej says there are three thought-provoking questions everyone should ask on a first meeting, in order to assess romantic compatibility and determine whether there should be

a second date.

What sort of relationship are you looking for? You probably shouldn't discuss how many children you want over appe-

tizers, but it is important to clarify your relationship expectations right away in order to avoid disappointment down the road. If your dinner date is interested in hooking up, and you're hoping to find a monogamous mate for a long-term commitment, then clearly you aren't an ideal match.

What qualities do you look for in a significant other? Are you searching for a feisty, independent partner who challenges you, or do you need a nurturing companion who offers unwavering support? Asking your date about what characteristics he or she likes and dislikes in a partner will help gain some insight into the type of person they're looking for and whether or not you're the right fit.

What are your goals in life right now? Asking about short- and long-term goals can help you get to know your date on a deeper level and potentially uncover some shared interests and priorities (or some major red flags). Find out about his or her aspirations for the future and consider whether those align with your own ambitions.

BY ALL GREENS NECESSARY



Engineer Daniel Schubert holds lettuce at the German Aerospace Center on Monday in Bremen, Germany.
DAVID HECKER/GETTY IMAGES

Recycled urine could lettuce grow food on Mars

Astronauts on the moon and Mars could soon have fresh food to eat, thanks to a radical new space greenhouse.

German researchers are testing the system, which uses recycled urine to manufacture fertilizer.

The system is being developed at the German Aerospace Center in Bremen, and is called EDEN (Evolution & Design of Environmentally-closed Nutrition sources).

Funded by the European space Agency, the greenhouses

This plant is my only pal

"It will also enable us to study the psychological influence of plants on human isolation."

DLR research engineer Lucie Poulet, whose team will test a greenhouse module at the Neumayer Station III in Antarctica, where the winter team stays in total isolation for nine months in a row in a hostile environment in 2016-2017

will contain combined life-support systems which use recycled urine to manufacture fertilizer, helping to grow

vegetables for a lunar and Mars environment.

This research initiative focuses on bioregenerative life support systems, especially greenhouse modules and technologies for future human habitats in remote locations in space (the Moon, Mars) and on Earth (Antarctica), the team say.

"Naturally, space travel is interesting in itself, but it is equally important for us to be involved in this project in order to demonstrate that our technology is the light system of choice for plant science research," said Christopher Steele of Heliospectra, which manufactures the LED lights in the system. **DAILYMAIL.CO.UK**

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MetroTube

Why can't the future be like this?



ANDREW FIFIELD
andrew.fifiel@metronews.ca

Internet advertising. The worst, right? Auto-playing videos. Wildly varying volumes. Weeks-long relationships with creepily intimate sidebar ads. But the bills must be paid, so the ads aren't going anywhere.

But the experience doesn't have to be so grating, and we once again turn our eyes to Japan to teach us what's possible. Granted, this chewing gum commercial wasn't designed for the web, but isn't the model there? Utterly bizarre, a little frantic and short enough to be an Instagram post. Oh, yeah... there's a cat, too. In a just world, this would be the future. (Lotte/YouTube)



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Weird Al is Mandatory Fun of the moment

Parody album debuts at No. 1. Comedian conquers the charts with eight music videos in eight days

Attention pop stars: If “Weird Al” Yankovic shows up at your concert or has tracked down your personal email address, you’re likely his next parody conquest.

Such was the case for artists like Pharrell and Iggy Azalea, who are covered by Yankovic in his latest album, *Mandatory Fun*.

For his 14th studio effort, released last week, Yankovic had his heart set on Williams’ No. 1 smash *Happy*. When he didn’t hear back from Pharrell’s camp, he decided to go straight to the source.

“I somehow got Pharrell’s home email address — I won’t say how — and I emailed him and asked if I could do the parody,” recalled the 54-year-old comedian. “He couldn’t have been nicer and he said he was honoured to have me do the parody.”

Sometimes a face-to-face plea was necessary. Yankovic flew to Denver and waited backstage at Azalea’s concert to get permission to use her summer hit *Fancy*.

“I talked to her as she was literally walking offstage. I introduced myself, ‘Hi. I’m Weird Al Yankovic and I would love to do a parody of *Fancy*,’ he said. “The next morning I was in the studio recording.”



“Weird Al” Yankovic CASEY CURRY/INVISION/THE ASSOCIATED PRESS

Yankovic’s efforts paid off: Billboard reported that *Mandatory Fun* debuted at No. 1 — his first — this week with more than 80,000 units sold. That’s almost double the amount his last album, *Alpocalypse*, sold in its debut week in 2011.

In a recent interview, Yankovic discussed the surprise success of his new album —

which also features covers of Robin Thicke’s *Blurred Lines* and Lorde’s *Royals* — and the accompanying music video-turned-viral hits.

Can you believe the album’s initial success?

This has been an amazing week. I can’t even tell you. I have been doing roughly the same thing for many, many

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear Weird Al Yankovic skew Canadian Robin Thicke’s *Blurred Lines* with his grammar-based take called *Word Crimes!*



→ See the full instructions on Metro’s Voices page.

years, and this is the best week of my life in terms of, like, the response from people. It’s just insane and it’s extremely gratifying. It’s hard for me to wrap my head around (it).

Unlike other parodies, you’ve never gone the mean-spirited route.

I’m a fan like everybody else. When I do my parodies it’s not meant to mock these people. It’s not meant to belittle them or make them look bad. It’s an homage. ... I don’t think you need to be hurtful to be funny.

Who’s next on your parody wish list?

Even if I knew I couldn’t tell you. But after I’ve mastered an album and it’s done and in the can I really shut my brain off. I don’t think about parodies for a while.

What about Beyoncé? You have yet to cover her music.

She’s on the list. I’ll get there eventually because then they will say, ‘Oh you did a Beyoncé.’

THE ASSOCIATED PRESS

DVD review



Transcendence

Director. Wally Pfister

Stars. Johnny Depp, Morgan Freeman

What Wally Pfister’s *Transcendence* has going for it is evolution rather than revolution: The real and advancing dread that we’re slowly losing our humanity as we embrace all things plugged-in and online. The dawn of sentient computers — the “transcendence” of the title — may truly be upon us, and it’s not a good feeling. So frets first-time director Pfister, best known as Christopher Nolan’s director of photography. He’s assembled a good cast, a few strong images and a workmanlike script to craft a cautionary tale that is at once visionary and myopic. Johnny Depp is Dr. Will Caster, a leading researcher in artificial intelligence who is close to making a breakthrough. Morgan Freeman and Paul Bettany also star. An ambush by an antitechnology group sets in motion events that will not only drastically change Caster’s existence, but that of everybody on Earth. *Transcendence* follows such a predictable path, it’s almost as if — shudder — it had been made by very thoughtful robots.

PETER HOWELL

Not just a Piper dream

Orange’s Larry is the new backstory

In a 10,000-word online autobiography, Larry Smith, the inspiration for the character Larry in *Orange Is the New Black*, describes the strange experience of seeing his life with the real-life Piper acted out on screen. “The true story that began for Piper in 1992 and for me six years later when she told me, ‘We need to talk,’ will always be stranger than fiction.”

THE CANADIAN PRESS

Cast your Netflix wide

A nice Little Pony earner of a job

It sounds like a dream job to many: official Netflix binge watcher. Time magazine talks to Greg Harty, who gets paid to watch movies and TV shows on Netflix to help create recommendations for users. “I come from a blue collar family and watched both of my parents bust their humps every day,” Harty says. “I’m not going to complain because I have to watch *My Little Pony*.”

THE CANADIAN PRESS

Fifty Shades of Grey. Sons of Anarchy star ‘excited’ to see film he had to quit



Charlie Hunnam RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

The first trailer for the *Fifty Shades of Grey* movie will be released this week and the original Christian Grey, Charlie Hunnam, says he can’t wait for the finished product.

Speaking Sunday at a Fox event as part of the Television Critics Association press tour, the actor said he still believes in the film although he’s no longer a part of it.

“I’m just really excited to see it. I was just really, really invested and wanted to work with (director) Sam (Taylor-Johnson) and play that charac-

ter. I’m really, really curious.” Hunnam went on to say it’s not fair to dismiss author E.L. James’ writing as so-called “mommy porn.”

“I think people really do that book a disservice when they reduce it to that type of talk,” he said. “What (E.L. James) actually created is a really sophisticated dynamic and presented it in a package which was accessible to people who normally would be terrified of that subject ... Actually, what she did was pretty brilliant.”

THE ASSOCIATED PRESS



Angelina Jolie ALL PHOTOS: GETTY IMAGES

Jolie and Pitt to reprise lover roles in a romance penned by Jolie

Angelina Jolie's second film as a director, *Unbroken*, is slated for Oscar season this year, but that's so far away, so let's all talk about her third film as a director instead, even though it doesn't exist yet. Jolie will direct herself in a romantic drama called *By the Sea* from a script that she wrote.

Seems a bit selfish, honestly. And I don't want to suggest that nepotism is in play here or anything, but she cast Brad Pitt as her co-star. It'll be the first time they've acted together since Mr. and Mrs. Smith, and it provides for plenty of jokes about Pitt liking Jolie ordering him around. So we all win.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

No peace for Gomez after her plea for Gaza prayers



NED EHRBAR
Metro World News in Hollywood

Selena Gomez learned the hard way that her diehard fans won't necessarily stand by her when she strays into politics and current events. The singer and former Disney star posted an Instagram image reading, "Pray for Gaza," tenderly dipping her toe into the arena of the Israel-Palestine conflict debate. Easy there, Gomez. The response from her followers



was swift, picking fights with Gomez and each other and threatening to unfollow her. In response to the backlash, Gomez posted another Instagram photo — apparently her preferred method of communication — this time of some stock photo of a meditating woman with the caption, "And of course to be clear, I am not picking any sides. I am praying for peace and humanity for all!"

Forget casting calls, NPH just tweets for roles

Twitter is quickly replacing all forms of communication, including personal correspondence. Case in point: Neil Patrick Harris says he recently wrote a letter to American Horror Story creator Ryan Murphy expressing his interest in being in the hit series. Murphy's response, though, came not in a letter but via Twitter: "(O) f course you can be on Freak Show! I have a role I think



Neil Patrick Harris

you'd love." Maybe Harris will get back to him via Instagram.

Twitter



@kylieinogoe
WOW WOW WOW #WOW!!!



@TomDaley1984
Scary to emergency land in RUS after recent events, yet no word on what problem is after hour surrounded by fire engines #VirginAtlantic



@kathygriffin
I taught Will Smith everything he knows

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5 SUMMER HEALTH MYTHS BUSTED

Dr. Christian Jessen, a celebrity health expert in London, lets Metro readers in on what to believe and what to ignore when it comes to all things summer

ROMINA MCGUINNESS, METRO WORLD NEWS IN LONDON

DO A CROSS ON A MOSQUITO BITE WITH THE EDGE OF YOUR NAIL

TRUE



Yes, it can make it less itchy. Saliva is another one — spit on the bite and rub.

Otherwise, you just have to try really hard not to touch it. The more you scratch a mosquito bite, the more histamine — which is what causes the swelling and itching — is released."

THE DARKER YOUR SKIN, THE LOWER YOUR SPF

FALSE

The darker your skin the more natural melanin protection you have — yes. But whatever the colour of your skin, ultraviolet (UV) radiation is going to damage DNA, and cause premature ageing. Use the highest SPF you can get because by the time you've smeared it on and been for a swim, a factor 50 is more like a factor 30.



DISINFECT SMALL CUTS AND WOUNDS IN THE SEA

TRUE



Salt-water has great antibacterial properties: it's slightly anaesthetic, and antiseptic. That said, there is a lot of crap in the sea, so it depends where you are... But it's so salty that it's normally OK if you're dealing with a minor cut, or need to clean out something like an infected piercing.

SMOTHER YOURSELF IN TOOTHPASTE TO COOL YOUR SKIN AFTER A SUNBURN

FALSE

A sunburn is basically a delayed hypersensitivity reaction involving histamine; your skin has just been made raw and sensitive — do not go and put toothpaste — actually an irritant — on it. Take some antihistamines — this won't help with any underlying sun damage, but it will help calm you down.



BEING IN THE SUN WILL HELP CLEAR YOUR SKIN

FALSE



Sunlight doesn't help with acne, unfortunately. It covers and masks it, but that's only because you're more tanned and can't see the redness of your spots so much. Your skin may feel smoother, but that's probably because you're on holiday, eating better and relaxing; therefore less prone to the sort of breakouts a hectic city life would trigger.

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This recipe serves four. THERESA ALBERT

Roasted Tomato Soup. Whether you try this dish hot or cold, its richness will satisfy

THERESA ALBERT
myfriendinfood.com

This recipe freezes well and can be pulled into action in a snap for a quick summer meal.

All you need is a platter of cheese and some crusty bread.

This soup does just as well hot as it does cold; be brave and add some hot sauce!

1. Preheat oven to 425 F. Place tomatoes on sheet pan lined with parchment and drizzle with oil and sprinkle with salt. Break garlic head into quarters and add to sheet. Place in oven and roast about 20 minutes.

2. Divide cheese into 4 piles on separate baking sheet and bake on top shelf until bubbling, 10 minutes. Let cool and crisp up.

3. Meanwhile, heat a skillet

Ingredients

- 8 medium plum tomatoes
- 1 tbsp extra virgin olive oil (and extra for frying)
- Pinch salt
- 1 head garlic
- 1 cup grated Parmesan cheese
- 1 onion, chopped
- 1 can refried beans
- 1 tsp dried oregano
- 1-3 cups chicken broth

and add a little oil to fry onion. Stir in beans and oregano.

4. When tomatoes start to brown, allow to cool enough to handle then use paper towel to peel and discard thin, papery skin of tomatoes. Squeeze garlic from skins into blender with tomatoes, blend until smooth. Thin to desired thickness with broth.

5. Place 1/4 cup of beans in centre of bowl and pour tomato soup around, adding cheese crisp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Tomato, to-mah-toe.

There is nothing like summer heat to make you blush ruby red. All tomatoes from heirloom and cherry to plum and beefsteak have their rightful place on the plate.

Brimming with vitamin C and lycopene, they are delicious sliced with a sprinkle of sea salt, but they are even better roasted.

When the crop gets too much, put your oven or barbecue to good use by turning this fruit into a sweet, soft spread. The larger and more watery varieties take longer to bake into a soft, pulpy condiment than the cherry varieties but the method is still the same.

Place the tomatoes on a baking sheet, drizzle with extra vir-

gin oil, sprinkle with salt and roast until they are smooth and brown. That's it! Mash the roasted tomatoes with a fork or slip off the skins and leave as is.

They store well in the fridge for up to a week and can be used as an addition to anything your palate desires. Try them as:

- flavouring base for pizza
- flavouring for soups and seafood chowders
- topping for pasta
- topping on grilled French or Italian bread, with capers, olives or mozzarella, for an appetizer
- sauce, when thinned with broth, with boneless chicken breast or grilled steak
- sauce for skillet-fried potatoes seasoned with rosemary

You can't miss! If you want to bump it up even further, roast with whole garlic cloves and squeeze from the skins into a zestier goo.

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A new study by CareerBuilder found that the biggest distractions that workers have are their cellphones (50 per cent), gossip (42 per cent) and the Internet (39 per cent). ISTOCK

Keeping all those biz balls in the air

Full steam ahead. Be more productive at work with these tips

DAN SCHAWBEL
Metro World News

Companies are putting more pressure on employees now than ever before and pushing them to do more with fewer resources in the same amount of time. Furthermore, there's an expectation that you're always answering work emails, regardless of the day of the week or if you're on vacation.

Here are some tips for keeping up productivity at work while keeping these tough times in mind:

Start with a list of tasks that can be completed quickly

This way, you can get the smaller stuff out of the way and give more of your attention and effort to the bigger projects. By doing this, you won't have to worry about those smaller tasks that could end up getting in the way of the ones that really matter. Let's say you have a list of 20 tasks that you have to get to in a given day. If you can eliminate five quickly, it won't seem as bad, and it's

very motivating to accomplish several items in a short period of time. It's intimidating having so many tasks sometimes and it puts a lot of stress on you if you do have that many, so eliminate the easy ones first.

Try not to multi-task if you can help it

I fall into this trap all of the time, and most Millennials do too. We try and do multiple projects at once and end up not getting anything done. Research shows that multitasking decreases productivity. If you give each task the attention it deserves, you'll be more effective.

Use a calendar to keep track of everything

I use my iPhone calendar to run my life. If there's someone I know I should call in two months, I'll mark it down to send them an email then. If I have a speaking engagement or a potential client I have to follow up with, I'll mark it down. This makes life much easier, and you end up not forgetting anything so you're more effective. Another trick I do is to set two reminders for every event. One occurs a day before and the other happens 15 minutes before. This way, I never miss anything.

Get'er done

"It's intimidating having so many tasks sometimes and it puts a lot of stress on you if you do have that many, so eliminate the easy ones first."

Dan Schawbel, Career and Workplace Expert

Distraction at the desk

The issue with interruptions at the office

A new study confirms what many office workers have long suspected: multitasking doesn't work. A paper in the journal Human Factors notes that the average office worker is interrupted six times every hour and that these interruptions deeply impact the quality of work produced.

"People don't realize how disruptive interruptions can be," Cyrus Foroughi, one of the co-authors of the study, told Science Daily.

"There is value in determining whether interruptions affect the quality of the tasks that many people perform regularly."

Foroughi and his fellow researchers asked two groups of participants to write an essay for them.

While each group was given enough time to write and outline their

compositions on the assigned topic, one group was repeatedly interrupted

while participants attempted to write their essays.

METRO WORLD NEWS



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Sushi that never tasted so sweet (but, pretty please, hold the fish)

Sugar substitutes. Sushi rolls filled with Rice Krispie treats, wrapped in candy and served with chocolate sauce prove popular



TAKARA SMALL
Metro News in Toronto
@takarasmall

There's nothing fishy about Jessica Schwartz's small business that has reinvented the centuries-old sushi dish for a new era.

The 20-something founder and owner of the Toronto-based Sweet Sushi creates edible sushi rolls, but with a twist: instead of rice paper you'll find Rice Krispie layers and seafood is swapped for sugar crystals.

"I started this company 10 years ago," says Schwartz. "First it was just a hobby and I never thought it was an actual business, but people loved it so much that I started a Facebook group, and that really got me out there."

The rolls she makes are bite-sized Rice Krispie treats wrapped in candy, filled with liquorice and sometimes topped with sugar crystals or fondue, with a side of chocolate "soy sauce" for good measure. The rolls, which sell three for \$2 or a platter of 94 for \$80, are delivered across North America.

She says the business has been on a roll ever since she stumbled onto the unlikely dish a decade ago.

"I kind of fell into it and I kept going with it. It was all by chance," she says.

The trained chef was teaching a Japanese cooking class when a student commented

on how delicious the sushi rolls they were making would be if made from delicious candy goodness instead of raw fish. Thirteen years later, she's moved on from working part-

time on her sushi creations to full time. The inspiration to ultimately take the business to the next level came from an unlikely place: her job.

"I was working for a large

company and, in that company, I felt like I was just a number," she says. "I didn't feel like I had any job security, so I went out and started this company and I took the



Jessica Schwartz started making her sushi rolls for fun but has turned it into a full-time gig. CONTRIBUTED

Sweet success

Visit metronews.ca/voices/mom-and-pop-shops for more of Jessica Schwartz's concoctions.

chance." It paid off. She now caters events across the city and recently made the big move from her kitchen to a cooking studio at the city's Le Dolci.

Her favourite part of the job is in the kitchen.

"The best part of being my boss is that I get to do what I'm passionate about. It's not just the sweet sushi, I get to make candy cakes and cupcakes and get to be creative and imagine things and make them come true."

Her only advice for entrepreneurs thinking about starting their own business is simple: Just do it.

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Jermain Defoe celebrates scoring a goal with Gylfi Sigurdsson during his time with Tottenham Hotspur FC. Defoe has since transferred to Toronto FC. GETTY IMAGES FILE

Important zero points on the line

Reds vs. Spurs.

Friendly offers Toronto FC chance to see how they stack up and MLS the opportunity to gain credibility

With one-fifth of its MLS schedule crammed into 28 days in July, Toronto FC players could be forgiven for wishing that Wednesday's friendly match with England's Tottenham was another time.

Even former Spurs striker Jermain Defoe, the man of the

moment whose transfer to Toronto prompted such strengthening of ties between the two clubs, is keeping the BMO Field friendly in perspective.

"There's no points to gain, but it's going to be nice seeing my old teammates and the staff," he said recently. "Beforehand we'll have a laugh and a joke, but I suppose when the whistle goes, then you do your job and try and win the game."

Asked about the timing of the fixture, Defoe was a little blunter.

"Obviously you could say it's a game that we don't need," the English star said. "But at the end of the day, what can you do

Quoted

"When you rub shoulders against them it's kind of a bar to see where you are."

Toronto FC manager Ryan Nelsen on playing Tottenham Hotspur FC

as players? We just get on with it. It's important to, I suppose, stay professional. You've got to do your job. And if we've got to play, we've got to play. It's not going to be as serious, I can't imagine the tempo's going to be too high. But we'll still try to win the game. You still want

to have that winning mentality, that every game you play, you try and win."

Toronto midfielder Michael Bradley sees the bigger picture.

MLS, in its 19th season, needs the respectability it garners from associating with — and doing well against — marquee teams from established leagues.

"The reality is still that these games are important for the league," Bradley said.

"It's important that when we have these opportunities, we play well and we play in a way that represents the league in a good way."

THE CANADIAN PRESS

Shakhtar Donetsk

Players refuse to return to Ukraine

Shakhtar Donetsk's owner says six players have refused to return to Ukraine for the new season as conflict rages around the club's home city.

Five Brazilian and one Argentine player remained in France following a friendly against Olympique Lyon on Saturday.

"If they don't come then in the first instance they will suffer," the club's billionaire owner Rinat Akhmetov said in a statement on the Shakhtar website.

Refusing to fulfil their contracts could cost the players "tens of millions of euros" in compensation payments to the club, he warned.

The six players include two of Shakhtar's key midfielders, Alex Teixeira and Douglas Costa, as well as Argentinian striker Facundo Ferreyra. THE ASSOCIATED PRESS

World Cup bids

Corruption probe results delayed

The delivery date for FIFA prosecutor Michael Garcia's report into alleged World Cup bidding corruption has been delayed by several weeks.

FIFA says the ethics committee's investigatory chamber expects to submit its report "by the first week of September."

The report will help decide possible sanctions against nine bidders which competed to host the 2018 or 2022 World Cup. Russia and Qatar, respectively, won hosting rights in December 2010 votes of FIFA's executive committee.

THE ASSOCIATED PRESS

National basketball team eyes 2016 Olympics



Guard Carl English will be relied upon by the Canadian men's basketball team for his veteran experience on an upcoming set of games in Europe. MAXI FAILLA/AFP/GETTY IMAGES

After failing to qualify for this summer's FIBA World Cup, the Canadian men's basketball team is making sure it's prepared to make a run at the 2016 Olympics.

Canada is in the midst of a three-day training camp in Toronto to gear up for an 11-game exhibition trip through Europe. The goal is to have Canada play competitive teams in hostile environments to try and duplicate the valuable international experience the World Cup would have provided.

"Last year we came up

Quoted

"To play so many games on foreign soil, against great competition, we might not have got that at the (World Cup)."

Jay Triano on Canada's upcoming road trip

short, we had some injuries, I think it really cost us," veteran guard Carl English said Monday. "This year we're taking it the right way. We've got 11

games in 15 days so we're trying to simulate a tournament.

"The ultimate goal is to qualify for the 2016 Olympics."

Canada went 4-4 at last summer's FIBA Americas Championship and fell short of a berth in the World Cup, which runs Aug. 30 to Sept. 14.

So instead, the Canadians will leave Wednesday for a 20-day, four-city road trip. Canada opens Thursday against Slovenia and will also play in Croatia, Italy and Spain before returning home Aug. 13.

THE CANADIAN PRESS

Cochrane to lead Canada's push in pool

Commonwealth Games. Olympic medallist preparing mentally for 11-day competition

Ryan Cochrane says spending time in the classroom has helped him better understand what he should be doing in the pool. Applying those lessons in competition has been another matter entirely.

The two-time Olympic medallist recently finished his psychology degree at the University of Victoria, but transferring the knowledge gained from his studies to his swim-

ming hasn't always been easy.

"It's really hard to change internal patterns and what you do on a daily basis," Cochrane said in a recent interview. "What I've learned in psych is to try to be less neurotic and just let things happen and be OK with that process, but that's one of the hardest things."

Cochrane, who will lead Canada's swim team at the Commonwealth Games in Glasgow, added that one of the benefits of learning about the human mind has been the ability to take a step back from the high-pressure environment of competition.

"As an athlete you want control over everything," he said. "You're trying to better every single precise detail and we're focusing on that one per cent of things we do wrong, but we're doing a lot of things right.... You just have to see the bigger picture sometimes."

Part of the bigger picture for Cochrane is that at 25, he's entering the twilight of his career.

Now a veteran, Cochrane wants to leave his mark not only on the podium at the Glasgow Games — which open Wednesday and run through Aug. 3 — but also on his young teammates. **THE CANADIAN PRESS**

AUGMENTED REALITY

→ Scan the image with your Metro News app to view a gallery of the Canadian team's welcome ceremony in Glasgow.



→ See the full instructions on Metro's Voices page.



Ryan Cochrane competes in the men's 800-metre freestyle at the 2014 Arena Grand Prix of Santa Clara in June in Santa Clara, Calif. EZRA SHAW/GETTY IMAGES FILE

NFL

Bills DT Dareus to enter substance abuse program

Marcell Dareus's attorney says the Buffalo Bills' defensive tackle has agreed to enter an NFL substance abuse program in a bid to have fel-

ony drug charges in Alabama dismissed.

Rod Giddens wrote in an email to The Associated Press on Monday that Dareus was allowed to enter the program during a hearing at Cleburne County Court in Alabama. Dareus attended the hearing while being excused from training camp in Rochester, N.Y. **THE ASSOCIATED PRESS**

Winter Games

Pyeongchang organizer resigns

The head of the organizing committee for the 2018 Winter Olympics in Pyeongchang resigned Monday, saying new leadership and a "stronger system" is needed to complete preparations for the games.

Kim Jin-sun's tenure was scheduled to end in October 2015. **THE ASSOCIATED PRESS**

Soccer

Gerrard national team service over

England captain Steven Gerrard announced his retirement from international football on Monday to focus on playing for Liverpool.

The 34-year-old midfielder made 114 appearances for England over 14 years.

THE ASSOCIATED PRESS



Steven Gerrard GETTY IMAGES

MLB



"He's a very accountable guy, he knows he hasn't pitched to his ability."

Blue Jays GM Alex Anthopoulos on reliever Sergio Santos. The Jays designated the right-hander, who has a 7.78 earned-run average in 24 appearances this season, for assignment Monday. Santos is making \$3.75 million US.



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The Sun moves into the most creative and dynamic area of your chart today, so expect to be busy. No matter. You do your best work at high speed.

♉ Taurus

April 21 - May 21

It may seem as if the whole world is against you but nothing could be further from the truth. It's just the Sun's move into a sensitive area of your chart. Lighten up!

♊ Gemini

May 22 - June 21

The planets indicate it will pay you to stay right where you are. An exceptionally busy phase is about to begin, but you must be calm today.

♋ Cancer

June 22 - July 23

The focus of your life is about to change quite dramatically but that's no bad thing. One thing that is certain to change is your money situation. No more spending sprees!

♌ Leo

July 24 - Aug. 23

The Sun's move into your birth sign today kicks off a new solar year and inspires you to pursue excellence in everything you do. Be amazing.

♍ Virgo

Aug. 24 - Sept. 23

The next few weeks won't always be easy. A lot will depend on your willingness to rise to challenges. Treat life as a game — a game to be won.

♎ Libra

Sept. 24 - Oct. 23

You will get the chance to show what you can do today and you must seize it. If you allow such a golden opportunity to pass you by you may spend the remainder of the year kicking yourself.

♏ Scorpio

Oct. 24 - Nov. 22

Your self-esteem will receive some kind of boost, making it easier for you to deal with important people. While the powers that be want you to succeed, you must want it too.

♐ Sagittarius

Nov. 23 - Dec. 21

The Sun's change of signs today will broaden your horizons and make it easier to focus on the good things in life. Ideas that never meant much to you before will become a lot more important.

♑ Capricorn

Dec. 22 - Jan. 20

From today, you will no longer be satisfied with superficial explanations. Dig beneath the surface. Look behind the scenes. The truth is out there.

♒ Aquarius

Jan. 21 - Feb. 19

Find ways to co-operate with people you don't always get along with — your material wellbeing could depend on it.

♓ Pisces

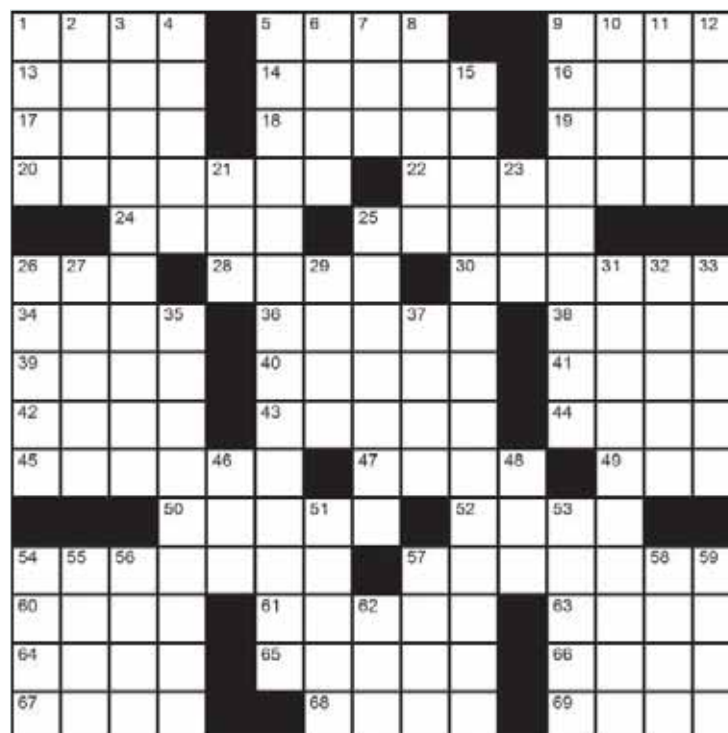
Feb. 20 - March 20

Something is sure to disrupt your routine today. Go with the flow — chances are it will take you somewhere good.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. German composer, Carl ___ (b.1895 - d.1982)
5. "___ expert but..."
9. ___ biscuits
13. Ring up
14. ___ in sight
16. Charge card, commonly
17. Old World buffalo
18. "___ is human..."
19. Green hue
20. First-string team member
22. "If you wear red tonight..." Beatles song: 3 wds.
24. Rupture
25. Breaks
26. Connector-to-the-Web [abbr.]
28. ___ dixit (Unproven claim)
30. Automaker of Japan
34. Table ___
36. Khloe K.'s ex
38. Some, in French: Quelques-___
39. Get ___ deal
40. Mindful
41. Boxing periods [abbr.]
42. Marvin Gaye's "___ Get a Witness"
43. Slangy "Certainly!"
44. 1960s French pop music style
45. From that point, archaically
47. Dorm type
49. Mr. Affleck



50. Quilt's one-of-some
52. Prefix to 'biography'
54. "Four Weddings and a ___" (1994)
57. CNN's "State of the Union with Candy ___"
60. Diva's vocal
61. Belonging to
- Italy's capital
63. "Able was ___..." (Palindrome)
64. ___ Trucks
65. Icky-sounding plant
66. Blue-green
67. Antlered animals
68. Weight unit in China

69. Tree-like Tolkien creatures
- Down**
1. Wood sorrels
2. Tirade
3. Landing-on-water craft
4. Canadian fashion magazine

5. "Calling Occupants of ___ Craft" by Klaatu
6. Peaty place
7. Bridal bio's 'born'
8. How deli sandwiches are often served: 2 wds.
9. Petitcodiac River village in New Brunswick

10. Exclude
11. Ms. Lovato
12. Cans
15. Pre-premiere performance: 2 wds.
21. ___ Chi
23. Beatles bassist before Paul
25. Defeated sports opponent's request!
26. "All I gotta do ___ naturally...": Country tune bit
27. Comedian Ms. Silverman
29. Vancouver-born actor, Devon ___
31. Queen Elizabeth I's mother: 2 wds.
32. Change hair colour again
33. Ex-___, ___ (Hillary Clinton, e.g.)
35. '90s series set in a fictional Pacific Northwest town starring Michael Ontkean: 2 wds.
37. ___ iris (Rainbow, in Spanish)
46. Train section
48. Couplet
51. Influence
53. Doubly
54. 1980 movie/song
55. ___ Mountains (Range in Russia)
56. Mr. Lachey
57. Ms. Winans of gospel music
58. 'E' in QED
59. Cravings
62. Beastie Boys member

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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